

Ashford AC

September 2013

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Training Sessions

The club has seen a dramatic rise in membership over the past year and to facilitate this rapid growth a number of parents have volunteered to help coaching. If you are interested in supporting the coaching team (on a rota or regular basis) please contact PETER SAVAGE on Wednesday

CROSS COUNTRY WINTER LEAGUE

The first of the winter cross country league events will take place in Rathdrum Rugby Club on **FRIDAY 27th SEPTEMBER at 7PM**. The club had a fantastic first season last winter which saw many of our juvenile members putting in some incredible performances over the course of the season. All juvenile members are encouraged to participate and enjoy the evening with their club mates with hot chocolate and muck galore!!!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Training continues every Wednesday Night from 7-8pm in Ashford NS.</i>			4 	5		7 Track Training 5-6pm
8		10	11 	12		8 Track Training 5-6m
15	16	17	18 	19		21 Track Training 5-6m
22	23	24	25 		27 WINTER X COUNTRY LEAGUE	28 Track Training 5-6m
29	30 For insurance purposes anyone training with the club must be a member. Please contact a coach for membership forms.				Rathdrum Rugby Club 7pm 27th September	

Happy Days!!!

This newsletter was kindly printed by



TRACK TRAINING SESSIONS

The county track in Greystones is available to the club every Saturday from 5-6pm. The club is very fortunate to have access to this fantastic facility. All club members are encouraged to come along and experience track training.

TRACK TRAINING
SATURDAYS 5-6pm
GREYSTONES



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HAPPY BIRTHDAY TO US
We're turning 20 in 2013



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